



NYINGMA CENTRUM NEDERLAND
ancient wisdom - modern applications

Goals and practices



Frontside NCN building at Reguliersgracht

Origins

The Nyingma tradition is the first and oldest tradition within Tibetan Buddhism. Tarthang Tulku was one of the first Tibetan lamas to settle in the West. In his native Tibet, as a young tulku, he had already been exceptionally highly educated by many distinguished teachers when the Chinese invasion of Tibet took place in 1958. After several years' stay in India, Tarthang Tulku settled in California in the USA. From there, with the help of Western students, friends and donors, he built up a network of organisations aimed on the one hand at preserving and protecting Buddhist culture in the East , and on the other at establishing the wisdom of the Dharma in the West.



Head Lama Tarthang Tulku

Nyingma Centrum Nederland grew out of informal study groups founded by Dutch people who had been introduced to his teachings in Berkeley in the 1970s and who were inspired and motivated by these teachings to work towards the same goals.

Objectives

The objective of the Nyingma Centrum Nederland Foundation since its foundation in 1984 and amendment of the statutes in 1989 is: To promote, protect, preserve and transmit the teachings and cultural heritage of Buddhism, in particular the Nyingma tradition of Tibetan Buddhism as offered by Head Lama Tarthang Tulku of the Tibetan Nyingma Meditation Centre in California, USA.

This includes preserving, protecting and passing on the language, literature, culture, art and wisdom of the classical tradition as well as the teachings developed by the Head Lama for the special needs of modern Western societies.

Nyingma Mandala

Nyingma Centrum Nederland together with the international Nyingma Centers in Cologne, Porto Allegre, Rio de Janeiro, Sao Paolo and Israel, is part of Nyingma Centers International, a California non-profit public benefit corporation, with offices in the USA.

Since 2014, NCN has also been an independent member of the Nyingma Association of Mandala Organisations, the consultative body of all cooperating Nyingma organisations founded by Tarthang Tulku in 2012..

Activities

What activities does the institution carry out? When are which activities carried out? And how do they contribute to achieving the objective?

In accordance with its statutory aims, NCN organises courses, projects and activities to support the worldwide projects initiated by TNMC, Tibetan Nyingma Meditation Centres olv Head Lama Tarthang Tulku. These TNMC projects are aimed at preserving culture and ideas of Tibetan Buddhism in the east on the one hand, and establishing a fuitful base for Dharma practice in the west on the other.

Core activities taking place throughout the year include:

Offering courses and programmes

Stichting Nyingma Centrum Nederland (NCN for short) organises programmes in various forms and languages that help establish the wisdom of the Dharma in the West. It does so using programmes and books put forward by the Head Lama Tarthang Tulku -or created under his supervision. Nyingma Centrum offers courses mainly in Dutch but also regularly collaborates with sister organisations in other countries in coproducing English-language international programmes. The programmes (workshops, lectures, courses, annual trainings and retreats) are offered either online via Zoom or in person at the centre or on location. Sometimes a combination is offered.

The aim of all teaching is to promote wisdom and compassion in participants of all ages and origins. Sometimes programs are tailored to special target groups. For instance, there are regular youth meditation courses and there is an ongoing Kum Nye Tibetan Yoga class for people over 50. In line with its objective, NCN also encourages the creation of new practice groups at locations elsewhere in the Netherlands, Belgium and other European countries.

Forming community

All tasks in NCN are performed by volunteers. This applies to all kinds of tasks: from cleaning to cooking, ICT, building maintenance, administration, organisation and planning. Buddhism sees work for the good of others as a very positive path of practice and participants learn from each other and support each other in developing skills and inner growth. There are daily communal meetings where the day's work and personal learning goals can be discussed. Teachers are also community members who are trained internally and perform their teaching duties unpaid. At least twice a year there is a sangha meeting, a community gathering, where all volunteers and regular students come together to exchange and discuss plans for the future. In Buddhism, paying attention not only to oneself but also to others is central. Community Care aims to support sangha members who are struggling, so that even when times are tough, the connection to the community remains intact.

Ceremonies

Following Tibetan Buddhist tradition, NCN organises various monthly ceremonies in which anyone in the sangha can participate. Also, some ceremonies are public and free to the public (e.g. Full Moon Mantra).

Sacred Art

Independently or in collaboration with other Nyingma organisations, NCN participates in various projects in the field of Sacred Art: projects aimed at preserving and spreading the symbols of wisdom and compassion in the world. The NCN Sacred Art Studio, located on the first floor of the building on Reguliersgracht, manufactures small tsa-tsa's that were used, among others, for the international Planting Seeds of Healing Project. The studio also produces prayer flags and stupas. Activities are carried out by volunteers and costs are covered as much as possible through donations.

Projects

Ongoing activities also include translating and publishing books by Tarthang Tulku in the Dutch language under the name Uitgeverij Dharma and in-house manufacturing of meditation mats and cushions under the name Lotus Design. The books, mats and cushions, along with self-imported Buddhist items from Nepal, are sold in the Lotus Design Shop, located on the ground floor of the NCN building on Reguliersgracht. The activities of Lotus Design, Uitgeverij Dharma, the Lotus Design Shop and MindingWork, a company which provides outreach classes on location, are coordinated by the Nyingma Projects Nederland Foundation (NPN). Each quarter, this foundation remits all positive income through NCN to TNMC. In 2022, the donation through NPN was €25,200 total

Income

How does the institution obtain income?

Stichting Nyingma Centrum Nederland obtains income through

a. donations and

- b. contributions for the courses, retreats and workshops that we organise and
- c. income from projects.
- d. There is also modest rental income from some permanent residents.

To what purposes is the income obtained spent?

If your institution holds assets, please fill in where and how these assets are held (e.g. savings account, investments, etc).

After deduction of costs for its own infrastructure (gas, water, electricity, maintenance and furnishing of premises, office costs, insurance, subscriptions, project costs, expenses of volunteers: see annual accounts), most of the net income goes to TNMC to support important projects initiated by Tarthang Tulku worldwide. In doing so, the Foundation, which manages a vulnerable property in Amsterdam's city center, takes care to always keep a reserve buffer in its own bank account for any suddenly necessary improvements to the property or other necessary unforeseen expenses.

Yeshe De Text Preservation Project

The most important project of TNMC (Tibetan Nyingma Meditation Centre) that is supported by financial contributions from NCN and the other international Nyingma Centers is the **Yeshe De Text Preservation Project**. In 1959, after the Chinese invasion of Tibet, many monastery libraries were destroyed and prominent teachers were imprisoned, or killed. Yeshe De was established to collect texts, republish them and distribute them free of charge at the annual Nyingma Monlam or World Peace Ceremony in Bodh Gaya, India..

Thanks to Yeshe De, new libraries and monasteries in the Himalayan region are being furnished with the books, ceremonies and gatherings and transmission of the knowledge are being organised on a massive scale. Also, in cooperation with Dharma Publishing and Mangalam Research Center (USA) revered texts are being translated into English.

Several films and books were made about this impressive and extensive free book distribution, which can be viewed through NCN or online.

Other projects

Through donations, contributions are also made to various other projects of TNMC. In 2022, another sizeable donation was made to TNMC for the Karchag Encyclopaedia project coordinated by the Sarnath International Nyingma Institute. In this new meritorious project, all scriptures from the historical Kangyur, the texts spoken by the Buddha, will be mapped and provided with introductions. This sizeable donation was made possible by a contribution from the Netherlands-based Walborg Gunning Foundation, which manages the estate of one of the first Dutch Nyingma students.

Occasionally, other TNMC projects are also supported with contributions from the Netherlands. Through NCN many private donations go to Odiyan, the temple complex in Northern California where Tarthang Tulku lives and works.

Royalties are also paid on some new teaching programmes such as the teaching series based on Tarthang Tulku's most recent book *Caring*. Through Nyinma Centers International, NCN also contributes to the Head Lama's health insurance and to the office expenses of NAMO. Donations for ceremonies in NCN are donated by NCN to Odiyan Temples and Gardens, honoring the Odiyan Mandala as a true 'Home for the Dharma in the West'

Remuneration policy

Virtually all work at Nyingma, including board duties and teaching, is done by volunteers. Where appropriate, a volunteer allowance or occasional reimbursement of expenses such as travel is provided in some cases.



Rear of the NCN building at Reguliersgracht



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Report of Activities 2022

NYINGMA CENTRUM NEDERLAND
Tibetaans Boeddhistisch Centrum
Reguliersgracht 25 1017LJ Amsterdam

2022

After the end of the Covid pandemic, the year 2022 was characterised by re-organising live activities in the building and finding a new balance with the many online activities that had emerged during Covid. A large number of improvements were made in and to the building itself in 2022 , as much as possible focused on sustainability and energy saving.

Renovations and major maintenance carried out in 2022

With the help of a number of earmarked and sizeable donations from community members and a bequest from a dearly deceased sangha member, three large-scale improvements to the building took place in 2022, largely aimed at sustainability and energy conservation. A professional supplier installed 15 solar panels on the flat roof at the rear of the building which have since contributed significantly to reducing the electricity bill.



New solar panels!

Throughout the front of the building, stylish double-paned windows were installed on all four floors in front of all interior windows, which help to keep the heat in and, above all, help to reduce noise pollution in the work rooms and rooms used as guest rooms during retreats. Finally, the moldy dormers on the attic floor were completely renewed by an outside contractor and the entire front of the building was repainted. The renovations were initially carried out under the supervision of board member Edzo Ebbens, and were completed under the supervision of board member Marianne Moerbeek after his resignation as board member. We are enormously grateful to the donors for these improvements, which we have been looking forward to for some time. As can be seen in the annual accounts, the NCN Foundation itself also had to draw heavily on the reserves built up partly for this purpose, but we are enormously satisfied with the result. In total, an amount of 75,066 was spent on all the above-mentioned improvements in 2022.



New dormers!

We further performed the following activities in 2022:

Courses and programs

It was expected that after the Covid epidemic, on-location classes would quickly fill up again and that interest in online offerings would decline somewhat. Nothing proved to be further from the truth. After reopening, the run-up for live classes was slow while interest in online offerings continued to grow. Learning from this trend, we decided to respond further by continuing to offer hybrid or separate online versions of the courses wherever possible. The online courses now form a structural part of our course offering and also enable participation of participants who live further away. The increased online presence also means a growing market for international co-productions and English-language offerings from our Centre.

While many first-time teachers are beginning to reach an advanced age, there is also an increasing focus in all fields of study on training a new generation of teachers. In the study fields of Kum Nye, Meditation, Tibetan and Skillful Means, new teachers have already started working in 2022 - often initially under the supervision of their experienced colleagues and of supervisors appointed by Nyingma Centers International for that purpose. In the year 2022, a European teachertraining Caring was prepared together with the German Centre.

Retreats- in the dutch language

The popular Ascension retreat on the Bleijendijk estate could fortunately take place live on location again in 2022, led by Monique Verschuuren and Ineke Smits. The annual Kum Nye Christmas retreat could also be held live again at the Nyingma Centrum, for the first time led by Frank van Hoeck and Lydie Seegers, two Belgian Kum Nye teachers graduated at the NCN Kum Nye Teacher Training

In summer 2022, NCN presented two weekend retreats and a Sunday Kum Nye Dance series. Monique Verschuuren and Charaka Jurgens led a weekend based on *Joy of Being*, Tarthang Tulku's second Kum Nye book. Lodewijk Devilee and Elske van de Hulst presented a weekend entitled 'Love and Compassion for yourself and others.'

International retreats and coproductions

In the year 2022, NCN has deliberately increased the number of international co-productions. Several factors invite this: online teaching makes geographical distances unimportant and English as the language of instruction is not an obstacle to participation for many Dutch participants either. Furthermore we find that the coming together of practitioners from different countries adds value to the mutual exchange.

To facilitate the international contacts, NCN has started publishing an English-language newsletter several times a year since the beginning of 2021, announcing English-language programmes and highlighting interesting offers from sister organisations.

International programmes in 2022 were:

[Padmasambhava is Alive](#) online course with Arnaud Maitland jan-feb 2022

[The Self in Question](#)- online seminar with Jack Petranker icw Center for Creative Inquiry maart 2022

[Knowledge of Freedom](#) – online program icw Nyingma Institute led by Elske van de Hulst, Abbe Blum a.o.. sep 2021 -may 2022

[Grounded in Freedom](#) – online retreat icw Nyingma Institute May 2022

[How to Activate Devotion](#) - online seminar with Magda Costa June 2022

[Deepening Dimensions of Mind](#) – online program icw Nyingma Institute led by Elske van de Hulst, Abbe Blum, Hugh Joswick, sep 2022 –may 2023

[Say Yes to Experience](#) – live retreat on location in Neu Plaue Germany led by Jack Petranker icw Center for Creative Inquiry October 2022



retreat center in Neu Plaue

Kum Nye Level 1 Teacher Training

Early 2022 the fourth edition of the Kum Nye teacher training was launched, led by Rinske Alberts and Monique Verschuuren. Fortunately, the training weekends could again take place in person at the center in Amsterdam. An important advantage over the third edition, as physical presence in Kum Nye teaching is still an irreplaceable component and online contacts function better complementary than substituting. The group of eight new trainees worked towards the 2022 internships and graduation in 2023 in a good atmosphere.

Ceremonies

All ceremonies could be resumed in person at the center and live attendance at public Full Moon ceremonies, New Moon ceremonies and Medicine Buddha ceremonies was again possible. In addition, the possibility of online participation was maintained - and expanded with additional online prayer meetings for the sangha on Padmasambhava day and on every Friday morning. These ceremonies are open to those who wish to attend.



NCN main altar on Saga Dawa Duchen Ceremony Day

The most important annual Nyingma Ceremony, the Longchenpa Ceremony took place for the 25th time in February 2022. After careful consideration, this special communal ceremony was nevertheless once again organised mainly online because this way the different Nyingma centers could experience the ceremony together and alternate in leading the day and night ongoing chants.

Boeddhisme Online

The number of students who registered for self-study courses through our online department Boeddhisme Online remained almost constant in 2022. This means a nice steady intake of new students, some of whom also find their way to other NCN offerings. But due to busy work with other course offerings, both deans lacked time to invest in expanding the number of courses and for targeted promotion of the existing courses. Therefore, they have now decided to look for a suitable separate coördinator for Boeddhisme Online so that existing opportunities can be better utilised in the future.



Charaka Jurgens in the new self study course Kum Nye for 50 plus

Gesture of Great Love

In the summer of 2022, Tarthang Rinpoche distributed his new book *Gesture of Great Love* and free copies were given to all teachers and staff members of Nyingma Centrum Nederland. A beautifully written book that compactly brings together much of his teaching. We decided to turn his invitation to read the book in groups, into a project for the whole sangha and collectively and individually read a new chapter each month which we then worked on daily in different project groups around coffee time. The project continued into 2023.

Buddhist Sacred Art Studio

The Sacred Art Studio's activities had been on the back burner in 2021 because of the pandemic but in 2022 that has been more than made up for by two major new projects: the Prayer Flag Project Europe and the preparation of a new Stupa Project. The outbreak of the war in Ukraine prompted Tarthang Tulku to ask European centers to start their own European Prayer Flag Project for World Peace.

In 2022, the first 3,000 flags for the Netherlands and Germany were printed by Grafica do Dharma in Brazil and sent to us. Donations were collected in the sangha to pay for materials and transport and sewing machines. Aided by advice from Rita Toledo and Claudio Moraes, who have been working in the Brazilian centers for some time on the production of prayer flags, the Nyingma Centers in Amsterdam and Cologne each put together a team who hemmed and sewed the prayer flags in series to flag string. Enthusiasm for participation and donations was aroused by two lectures in June on the power of prayer flags and by a workshop on Sacred Energy led by Marianne Moerbeek in August. The Dutch team led by Liza de Kiewit and the German team led by Betty Karov managed to finish the 3,000 flags before the end of 2022 and to send them to Odiyan where they are now flying for world peace – especially in Europe.



Liza working on prayerflags in the second floor studio

Marianne Moerbeek, coordinator of the Buddhist Sacred Art Studio, left for Odiyan after the start-up of the flag project to collaborate on a major new Stupa project and to be trained to start up the production of clay stupas in Amsterdam as well. In early December, she returned to the Netherlands to start preparing the 2023 Dutch Stupa project here.

Community Care

During the pandemic years, the number of volunteers for the Community Care project had dwindled, but in 2022, the group gained new life and grew from 5 people to 14! The CC volunteers are on call whenever anyone in the sangha indicates they could use some extra support. Two members do the matching between volunteers and sanghalid. In 2022, several sangha members thus received support. Also in 2022, the group asked the board for guidelines for spiritual support after sangha member's passing away. A protocol was established by the board in consultation with the Community Care group for after passing away of sangha members – to be further tailored each time to individual circumstances and wishes and to possibilities of the sangha at that time.

Counselor

Nyingma Centrum Nederland feels it is important that every customer, student, friend, volunteer or visitor can feel safe in our center. Therefore, in mid-2022, the board decided to appoint an independent counselor whom students or volunteers can contact if situations arise where they do not feel comfortable. Francesca Knol knows our center from personal experience and has extensive professional experience in mental health care and elsewhere. She also completed training as an independent confidential counselor. By appointing a confidential counsellor, we also hope to give new interested parties a safe feeling in advance.



*Enlightenment Stupa
guarding over us on the roof terrace of NCN*

Overview of income and expenses of Stichting NCN in 2022

Winst en Verliesrekening Stichting NCN		2022
	Debet	Credit
Kum Nye teacher training		11.350
Courses outside Amsterdam		6.509
Retreats		13.839
Courses in Amsterdam		53.175
Volunteer stipends and expenses	8.770	
Publicity costs	3.568	
Accommodation and housing costs	24.973	
Refurbishment	75.066	
Administration costs	748	
Office costs	1.189	
Website, internet, automation	6.186	
Donations		64.176
Donation St WD Gunning		77.573
Donation to Nyingma USA for SINI	95.953	
Rental income		11.745
Income from NPN projects (LD, MindingWork and DP)		25.200
Donations to Nyingma Centers USA for Yeshe De and Odiyan	76.015	
Costs of Buddhist Sacred Art Studio	4.453	
Depreciations		
Other costs	5.837	
Result		39.191
TOTAAL	302.758	302.758

Many thanks to all contributors!

NCN Mandala Board thanks all NCN volunteers, students, friends and donors who made the richness of events, classes and projects possible in 2022! May our joint efforts have positive effects for a more peaceful world and more well-being for all living beings. May wisdom and compassion grow in all beings!